

Playgroup Lesson: Kindness

Aim: To introduce 'Abdu'l-Baha as the Perfect Exemplar and to practice acts of kindness.

1. Prayers: Practice -"O God My God"

2. Song: "Kindness" by Stefan Brown

3. Quotation: For children who have adequate language ability – make some hand actions to go with the words. (Use a mirror or picture of people for the word 'mankind')

"...look toward each other and then toward mankind with the utmost love and kindness." 'Abdu'l-Baha.

4. Story: Read story book about 'Abdu'l-Baha.

5. Art activities:

Lesson 1: Make picture frames and place stickers on the frames around a picture of 'Abdu'l-Baha.

Lesson 2: Colouring sheet about kindness.

Lesson 3: Collage sheet of objects that can be shared with others.

Lesson 4: Textile animals. Stick on feathers or fur on to cardboard animal shapes. Pet them and make pictures of food for them.

6. Practicing Kindness activities:

Lesson 1: Make playdough baking and rehearse serving others ie parents act as visitors and children serve them play food, invite them to play with their toys. Affirm kind behaviours.

Lesson 2: Repeat above lesson but children prepare real food eg, baking biscuits, scones, preparing fruit etc. Adults pretend to visit and children serve them. Affirm kind behaviours.

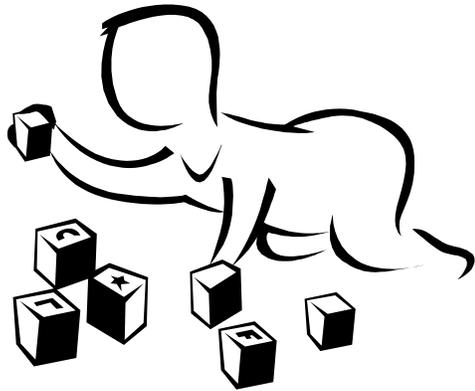
Lesson 3: Give each child some toys or resources that require sharing with the group to make a full play experience eg parts of construction toys or different ingredients for messy play (different coloured waters, and so forth). Encourage sharing and turn taking with their play, affirming kind behaviours.

Lesson 4: Make bird feeders or visit animals where they can be petted or fed. Talk about how we can be kind to animals.

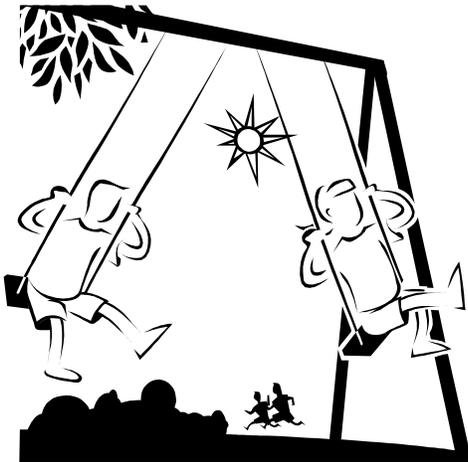
Kindness means....



Giving people hugs or smiles



Sharing our toys with others



Taking turns with others



Helping people



Looking after animals

‘Abdu’l-Baha says we must:

**“...look toward each other
and then toward mankind
with the utmost love and
kindness.”**

Do you know who this person is? His name is 'Abdu'l-Baha. He was the Son of Baha'u'llah. He was the perfect example of how a Baha'i should be. 'Abdu'l-Baha was kind to everybody.

'Abdu'l-Baha shared His clothes with others when they needed clothes.

He shared His house with visitors. He visited people who were feeling lonely.

When others were sick He would look after them. He shared food with people, especially when they were hungry.

He gave people smiles and hugs to make them feel welcome. If people were unhappy He would make them laugh.

Everyday of His life He showed us how to love God and one another.

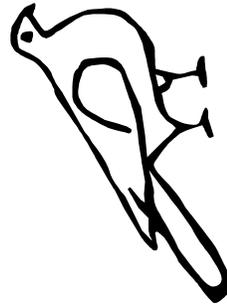
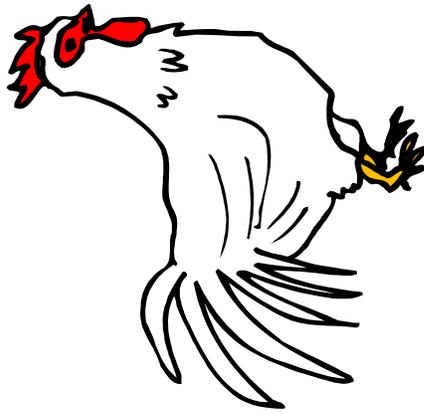
Can you think of some ways to show kindness to others like 'Abdu'l-Baha did? Here are some ideas on how to be kind:

You could share your toys and take turns when playing with others.

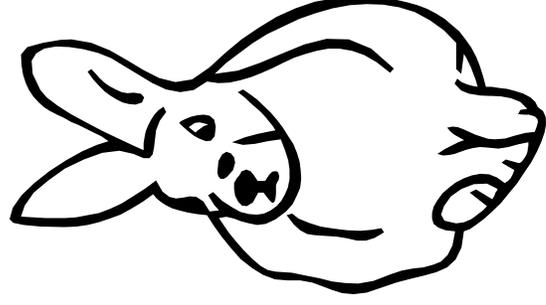
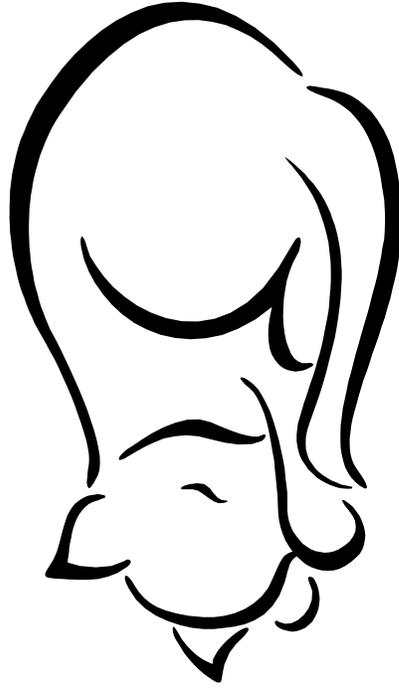
You could help Mum or Dad serve food to visitors.

You could smile and show others fun things to make them feel happy.

Being kind is a way to show our love for God and for others. So let us show our love for everyone by being.....kind.



Be kind to the animals



“Train your children from their earliest days to be infinitely tender and loving to animals.
If an animal be sick, let the children try to heal it,
if it be hungry, let them feed it,
if thirsty, let them quench it's thirst, if weary,
let them see that it rests.”

‘Abdu'l-Baha